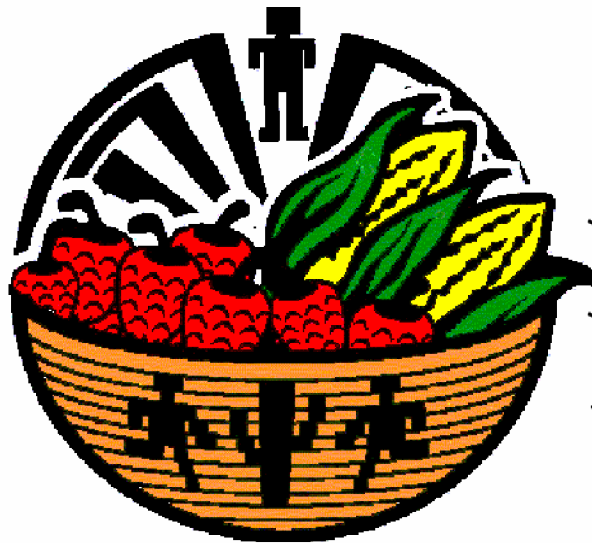


Steps to a Healthier Arizona

Division of Health Promotion

Tohono O'odham Dept. of Health and Human Services

Tohono O'odham Nation



HOPP

Healthy O'odham Promotion

Dept of Human Services

TON Success Stories

Asthma Camp/Education

Diabetes Health Fair

Half-Marathon

Community Based Activities

After School Program

Partners

1. Boys and Girls Clubs
2. YMCA
3. Community Food Bank
4. Tohono O'odham Community Action (TOCA)
5. Recreation Centers
6. Healthy O'odham Promotion Program (HOPP)/CVD Program (Healthy Heart)
7. Other Agencies

Asthma Camp

1. 40 Youth
2. Referred by Pediatrician
3. Physical Activity
4. Asthma Education
5. Tanque Verde Guest Ranch

Diabetes Health Fair

1. Co-sponsor
2. Responsible for Youth Fair
3. Many Partners
4. 350 Youth, 1758 Adult Attendees
5. Sells, AZ

Half-Marathon

1. 13.1 mile course
2. Co-sponsor with HOPP and CVD
3. 100+ runners
4. Held in January
5. 2 and 3 mile fun run course included

Steps in the Community

1. Fun Runs
2. Feast Projects
3. Family Nights
4. Community Education
5. Health Fairs



Incentive Programs

- HOPP Bucks
- Mileage Club
- Healthy Weight Loss Challenge

After School Program

1. T.O. PLAY
2. Summer Camps
3. Soccer Camps
4. Health Education
5. Asthma Camps



Steps in Action



Tohono O'odham Steps Program

michael.bitrick@tonation-nsn.gov (Project Director)

Aaran.Cordova@tonation-nsn.gov (Program Coordinator)

Current Facilities

Sells 383-6240

Pisinemo 362-2490

Santa Rosa 361-2729

San Miguel

North Komelik